



**LIFT:
The Landscape Professional
Summit for Women**

AGENDA

September 27-28, 2024

**Eaglewood Resort & Spa
Itasca, IL**



Friday, September 27, 2024

7:00am-9:00am Arrival and Breakfast

9:00am-12:00pm Program

Session One - Introduction to Transformational Leadership

1. Opening Address: Introduction to Transformational Leadership
 - a. Whole Body Intelligence
 - b. Whole Body Awareness
 - c. 4 Ways of Leading
 - d. Distinguishing Facts from Stories from Truth
2. Personal Reflection/Journaling Prompt: What's Holding You Back

BREAK

Session Two - Deep Dive on Whole Body Intelligence & 4 Ways of Leading

1. Body Basics: Learning to Listen to Your Body
2. Partner Exercise: Experiential Practice of Whole Body Awareness
3. Group Share: Reflect back on your experience. What did you notice?
4. Understanding 4 Ways of Leading

12:00pm-1:00pm Lunch

1:00pm-4:00pm Program

Session Three - Go Beyond Drama & Get What You Want

1. Introduction to Distinguishing Facts from Stories
2. Small Group Breakouts: Karpman's Drama Triangle

BREAK

3. Small Group Breakouts: Teach the Drama Class
4. Group Share: How is drama holding you back from contributing what you're here to offer
5. Paired Share: Rampage of Appreciation

4:00pm-7:00pm Personal Time

7:00pm-10:00pm Dinner, Drinks, Bowling, Networking

Saturday, September 28, 2024

7:00am-8:00am Breakfast

8:00am-12:00pm Program

Session Four - Find Your Gap

1. Opening Address: Feeling Fear & Going Beyond It
2. Personal Reflection: When I consider taking up more space what holds me back?
3. Open Share: Feeling Fear & Going Beyond It
4. Paired Share: Future Pull - Who You Really Are

BREAK

Session Five - How To Be A Transformational Leader In The World

1. Visioning Exercise - Who Do You Want To Be
2. Personal Statement of Power
3. Group Share: Rampage of Appreciation

12:00pm End of Summit